

Cayford, Edna

From: Christine Sullivan <christinesullivan08@gmail.com>
Sent: Tuesday, March 24, 2026 5:29 PM
To: Cayford, Edna
Subject: In Support of the Major Substantive Rules provisionally adopted by the Board of Complementary Healthcare Providers - LD2242"

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Co-Chairs Bailey and Mathieson and members of the committee

Thank them for the opportunity to share testimony. I could go on for sometime about my situation but will try to keep it short. I am incredibly grateful for finding my Naturopathic doctor in Maine. I went through about 9 months of doctors appointments with no results. Being told I lost 50 pounds because I stopped eating M&M's and I wasn't even eating them! I was told it was all in my head, which I started to wonder. But I couldn't even get through a day at work, was losing weight, if I did eat it came right back out, headaches and chest pain, sleeping in the middle of the day and so much more. The insurance company could only heard one of my symptoms because unfortunately "mainstream" doctors can only put one issue, this was affecting my whole body physically, mentally and emotionally, not to mention expensive! I am grateful my friend suggested this naturopathic doctor and he was willing to see me! He said and listened to me for an hour, took notes, and asked lots of questions. He said will figure this out together! Just saying that made me breathe better. He knew the correct test to do and within two visits we had a diagnosis! Now it was a road to recovery but he could prescribe the medications or supplements or whatever I needed and that was huge! So of the medications, I couldn't eat or drink particular things and he knew enough to inform me of that. Told me of reactions that might happen and I even called him on a Saturday once, he helped me through the reaction! Lots of doctors in the past haven't told me those things!
I could go on and on but he is a HUGE part of my health care team and I won't be where I am today without his team and his help, his knowledge of my needs whether it is medications, testing, foods that will help me and so much more.

My naturopathic doctor is professional, knowledgeable, and willing to work with other providers is so helpful.

Christine Sullivan
Kennebunk, ME